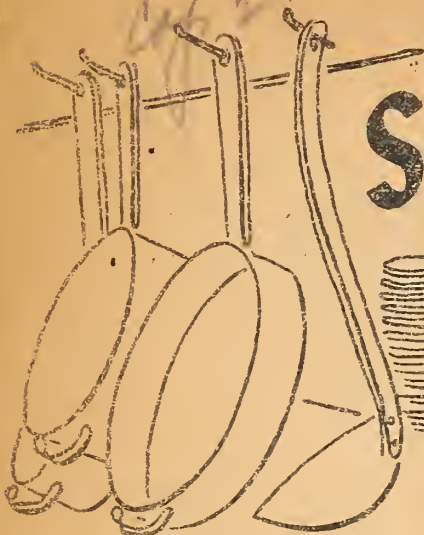


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SERVING MANY

Food news for food managers in industrial plants, restaurants, hotels, and hospitals

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Poultry is Plentiful

Heavy tom turkeys and roasting chickens will be abundant throughout the United States in December. Last year a large part of the poultry supply was taken by the military forces, but this year there is plenty of turkey for everyone. Carrots, cabbage and white potatoes also will be plentiful, and topped beets will be in heavy supply in the midwestern and northeastern States.

The abundance of poultry on the market is well timed for the holiday season. Turkeys are selling below ceiling prices in most parts of the country because of the unusually large supply. The relatively low price of heavy tom turkeys and the large serving yield make them a good buy for industrial feeding.

Turkey for Christmas

Few persons can resist the appeal of roast turkey and all the "fixins." Try featuring a turkey dinner before Christmas as a means of gaining good will for the plant cafeteria. Regular patrons will appreciate the treat, and workers who have not patronized the cafeteria before may be enticed by a holiday dinner.

The supply of turkey this year is over 20 percent larger than it was a year ago. Industrial feeding managers probably will find turkeys available well into the new year to serve on the selective menu.

What is a Good Turkey?

Look for the following marks of quality when selecting a turkey:

1. Clean, tender skin with few pin feathers and no bruises or discolorations.
2. Well-fleshed breast and thighs and a generally plump appearance.
3. Covering of fat under the skin on the breast, thighs, legs, and back.
4. Short body and breast, indicating a meaty bird.

What Weight Turkey Gives the Greatest Yield?

Select turkeys of good quality and of a size and type that will be economical to serve. The heavier birds usually give a greater percentage yield of cooked meat, and, therefore, are the best choice for industrial feeding.

The following table, based on studies conducted by the Department of Agriculture, shows the yield of cooked meat from turkeys of different weights.

<u>Turkey</u> <u>Dressed weight</u>	<u>Weight of</u> <u>Cooked meat</u>	<u>Percentage of</u> <u>meat yield</u>
9 pounds	2.7 pounds	30
13 pounds	3.6 pounds	28
18 pounds	6.1 pounds	34
25 to 30 pounds	8.5 to 10.2 pounds	34

How Much Turkey Should I Order?

The breed, age, feeding, care, and handling of turkeys influence the yield of cooked meat. However, studies made on turkeys indicate that birds weighing over 16 pounds will yield about two 2-1/2 ounce servings of roast turkey per pound of dressed weight.

The following data, compiled from a study made on turkeys in a commercial cafeteria, show the approximate serving yield from a 17-pound bird.

<u>Kind of meat</u>	<u>Weight</u>
Dressed weight of turkey	16 pounds 15 ounces
Weight of turkey after roasting (hot)	10 pounds 6-1/2 ounces
White meat, carved	3 pounds
Dark meat, carved	2 pounds
Giblets	7 ounces
Hash meat	1 pound 4 ounces
Neck	3 ounces
Skin	1 pound 1 ounce
Carcass	2 pounds 5 ounces

Yield: 32 servings of sliced meat, weighing 2-1/2 ounces each, plus 8 servings of extended meat made from trimmings (such as hash or loaf).

Roasting Poultry

Intense heat hardens and toughens the protein of poultry and causes shrinkage and excessive loss of drippings; therefore, a constant, moderate temperature should be used during the roasting period.

The same cooking principles may be applied to all types of poultry.

1. Cook at moderate heat so that meat is juicy, tender, and evenly done to the bone.
2. In roasting poultry, place the bird breast down in an uncovered shallow pan.
3. Turn large birds (turkeys) from one side of the breast to the other during the roasting period.
4. Toward the end of the roasting period, turn the bird's breast up to allow the skin to brown.

The age and size of the bird and the amount and distribution of the fat affect the length of cooking time. The roasting time per pound varies with the weight of the bird. Larger birds require less cooking time per pound, but require a longer total cooking period than smaller birds.

The table below may be used as a guide for roasting chickens and turkeys.

<u>Timetable for Roasting Poultry</u> ^{1/}				
<u>Kind of bird</u>	<u>Dressed weight</u> Pounds	<u>Oven Temperature</u> Degrees F.	<u>Cooking Time</u>	<u>Average</u>
			<u>Per Pound</u> Minutes	<u>Cooking Time</u> Hours
Young Chicken	4 to 5	300°	30	2 to 2-1/2
Turkey	10 to 16	300°	18 to 20	3-1/2 to 4-1/2
	18 to 23	300°	16 to 18	4-1/2 to 6
	24 to 30	300°	15 to 18	6 to 7-1/2

When a large number of turkeys must be prepared it is easier to roast them without stuffing. Dressing may be baked in separate pans. About 4 ounces of turkey dressing should be allowed for each 2-1/2-ounce serving of turkey.

Carving and Serving Poultry

The aim in carving poultry is to obtain as many attractive servings as possible. To insure clean slices a sharp carving knife with a thin pliable steel blade is needed. Poultry may be sliced more easily if it is allowed to cool for about 20 minutes after it is removed from the oven. The tougher portions of the skin should be removed before carving. As the meat is carved the slices should be placed in a pan containing a small amount of hot pan gravy to keep the meat warm and moist. White meat should be separated from dark for ease in serving.

Orders of turkey should be scaled so that each serving weighs 2-1/2 ounces and includes a slice of white meat and a portion of dark meat.

For ease in serving turkey plates at the steam tables, individual portions of dressing may be placed in steam table pans and sliced meat laid on top of the dressing. The entire serving may be lifted with a pancake turner onto the dinner plate.

Special Lunch Menus

Foods in abundant supply are indicated by asterisks.

1.	2.
Casserole of baked ham with macaroni	Stuffed breast of lamb
Buttered green beans	Parsley buttered potatoes*
Red apple and celery salad	Braised carrots*
Whole-wheat rolls with butter or fortified margarine	Enriched bread with butter or fortified margarine
Cherry cobbler	Fresh apple sauce with spice cookies
Milk	Milk.

^{1/} Adapted from table 36 pp. 262, Lowe, Belle. Experimental Cookery. Third edition. John Wiley and Son, N. Y. 1943.

3.

Chicken* potpie
Mashed potatoes*
Mixed green salad
Enriched bread with butter or
fortified margarine
Chocolate ice cream
Milk

5.

Fish loaf with tomato sauce
Potatoes* in jackets
Buttered fresh beets*
Enriched bread with butter or
fortified margarine
Fruit cup with Christmas cookies
Milk

7.

Roast shoulder of pork
Mashed potatoes*
Butt red yellow turnips
Enriched bread with butter or forti-
fied margarine
Apple Betty
Beverage

9.

Chicken fricassée with biscuits
Mashed potatoes*
Head lettuce salad with Russian dressing
Enriched bread with butter or fortified
margarine
Soft custard with cranberry jelly topping
Milk

11.

Braised liver with bacon
Scalloped potatoes*
Buttered green peas
Whole-wheat bread with butter or
fortified margarine
Boston cream pie
Milk

13.

Pot roast of beef
Oven-browned potatoes*
Harvard beets*
Whole-wheat bread with butter or
fortified margarine
Baked apple
Milk

4.

Cabbage* roll
Mashed potatoes*
Baked Hubbard squash in shell
Whole-wheat bread with butter
or fortified margarine
Butterscotch pudding
Milk

6.

Lamb patties with bacon strips
Candied sweetpotatoes
Cabbage* and green pepper salad
Enriched bread with butter or
fortified margarine
Orange sherbet
Beverage

8.

Beef stew (carrots*, potatoes*
and onions)
Sliced orange and raisin salad
Enriched bread with butter or
fortified margarine
Spice cup cake
Beverage

10.

Lima bean creole
Buttered fresh broccoli
Carrots* and cottage cheese salad
Whole-wheat rolls with butter
or fortified margarine
Pumpkin pie
Milk

12.

Holiday Turkey* Dinner:

Roast turkey* with dressing
Mashed potatoes* with giblet
gravy
Buttered green beans
Raw cranberry relish
Enriched rolls with butter or
fortified margarine
Tutti frutti ice cream
Beverage

14.

Fried fish fillet with Philadelphia
relish
Creamed potatoes*
Spinach or other greens
Enriched bread with butter or
fortified margarine
Lemon snow pudding with custard
sauce
Beverage

15.

Turkey* loaf
Mashed sweetpotatoes
Cabbage* salad with pimiento
Enriched bread with butter or fortified margarine
Warm gingerbread with whipped cream
Milk

Turkey Loaf

<u>Ingredients</u>	<u>Amounts for 100 servings</u>
Cooked turkey or chicken, diced	20 pounds
Fat	1 pound 8 ounces
Flour	1 pound 8 ounces
Broth	1 gallon
Milk	.2 quarts
Bread crumbs, soft	8 quarts
Eggs, beaten	16
Onion, finely chopped	4 ounces
Green peppers, chopped	8 ounces
Salt	3 ounces

Yield - 100 servings.

1. Make sauce of the fat, flour, milk and turkey broth and cook until thickened.
2. Add the seasonings and chopped vegetables to the hot sauce.
3. Pour the hot sauce over the soft bread crumbs and add the beaten egg.
4. Add the diced turkey and mix the ingredients until blended.
5. Put the turkey mixture into oiled loaf tins and bake in a moderate oven at 350° F. from 1 to 1-1/2 hours.
6. Accompany turkey loaf with cranberry sauce or relish.

Cranberry and Orange Relish

<u>Ingredients</u>	<u>Amounts for 100 servings</u>
Cranberries, uncooked	6 pounds
Oranges, whole	3
Sugar	1-1/2 pounds
Salt	1/2 teaspoon

Yield - 100 servings of 1 ounce each.

1. Grind fruit medium course.
2. Add sugar and salt.
3. Chill thoroughly before serving.

Storage of Meats and Poultry

1. Store meat, meat products, and poultry in a separate refrigerator at a temperature of 33° to 38° F.
2. Hang each piece of fresh meat on a separate hook so that it does not come in contact with another piece of meat.
3. Hold packaged meat in the original container.
4. Use variety meats soon after delivery as they do not keep well.
5. Use meat trimmings as soon as possible.
6. Use fresh unchilled poultry as soon as possible, as it has limited keeping qualities.
7. Hold frozen meat at a temperature of 0° F. or lower.
8. Defrost frozen meat for 24 hours or longer (the length of time depends on the size of the piece meat) at a temperature of approximately 40° F. and use it immediately after thawing.
9. Store frozen poultry at a temperature of 0° F. or below.
10. Defrost frozen poultry slowly in a chill room at approximately 40° F. and use it immediately after it is defrosted.

Storage of Dairy Products

1. Store dairy products and eggs in a separate refrigerator at a temperature of approximately 40° F.
2. Keep milk and cream containers covered tightly at all times.
3. Place egg crates in an upright position. Cross-stack them whenever possible to allow for a good circulation of air.
4. Keep butter wrapped tightly since exposures to light and air cause rancidity.
5. Keep cheese wrapped tightly to prevent drying.
6. Avoid freezing cheese as freezing breaks the grain the causes the cheese to crumble.
7. Store frozen eggs at a temperature of 0° F., or below. Defrost frozen eggs by setting the container in a pan of cold water, and use them immediately. Never refreeze thawed eggs.